

Examination of Conscience

Reconciliation With Self

- For neglecting our gifts and talents.
- For not forgiving ourselves as You forgive us.
- For abusing our bodies: alcohol, drugs, sexually, overeating, lack of exercise and rest.
- For neglecting our responsibilities: at work, at home, at school, to friends, to family to Church.

Reconciliation With Others

Throughout the New Testament we realize that the great commandment - the first and only commandment - of loving God is realized by loving one another.

- For our lack of love manifested in uncontrolled anger and impatience: with a child or parent, husband or wife, friend, relative, neighbor or co-worker.
- For being too busy to take time to affirm, support, care for: husband/wife, parent, child, friend, relative, neighbour or co-worker.
- For the injustice and lies and lack of trust.
- For the gossip, detraction, and rash judgement flowing from our ignorance and ill will.
- For ridiculing, making fun of others.
- For our ingratitude for personal blessings manifested in jealousy and envy.
- For our countless infidelities to the persons in our lives: adultery, workaholism, self-centeredness, sexual abuse, morbid preoccupation.
- For neglecting your special people: sick, lonely, handicapped, aged.
- For racial and ethnic slurs, ridiculing others, and injustice.

Reconciliation With Nature

You have given us the responsibility of being stewards of creation and yet we have been irresponsible in so many ways.

- For wasting food and energy.
- For wasting our time in our reading, TV, and music mania.
- For our value system that exalts materialism and consumerism.
- For silently allowing the creation of destructive weapons that threaten our lives as well as your creation.

Reconciliation With God

Your Son has called us to a life of prayer without ceasing, but so often we fail to respond to that call.

- For days without prayer and listening to your word.
- For mindless and careless prayer.
- For neglect in worshiping with the community: missing Mass, inattentiveness, arriving late and leaving early, distracting others, critical attitudes for worship.
- For resisting your call to daily penance and self denial, especially during the time of Lent.

- For the careless and abusive use of your Holy Name.

Prayer Before Confession

Come Lord Jesus

Jesus, I don't like the way I am.
I've tried to live independently of you.
I've tried to run my own life and I just haven't succeeded.
I'm not very loving; I'm not very peaceful
I'm not at all the kind of person I would really like to be.
I'm sorry that I've left you out of my life.
I'm sorry that I have hurt so many people
and failed so many others, including myself.
I don't want to be that way anymore.
I ask you to forgive me and heal me.
I need you and I want to share my life with you.
Jesus, I accept you as my Lord and my Savior.
Come into my heart and share your life with me.
I want you to be the most important person in my life.
Jesus, show me your face that I might love you.
Let me experience your presence and your power in my life.